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Fresh Hope & Health

for Hospital Patients
and Invalids

BY

CECILIE MULLER



Price 2/- net



ROYAL COLLEGE OF MIDWIVES
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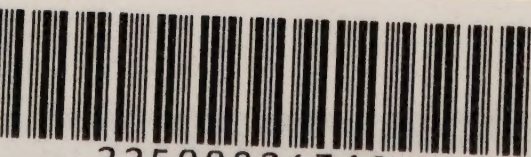
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NOTE.

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This image shows a blank, aged, cream-colored page, likely a ledger or notebook page. The page features horizontal ruling lines, which are slightly faded and uneven, suggesting it is old. A vertical line runs down the center of the page, dividing it into two columns. The paper has a slightly textured appearance with some minor discoloration and small dark spots, characteristic of old paper. There is no text or other markings on the page.

SOME PRESS OPINIONS

From "The Nursing Times"

"The authoress is the sister of Lieutenant Muller of the Royal Danish Engineers, whose 'health-system' is well known. She has adapted and simplified a short series of exercises for the use of patients so that they can begin to get 'fit' while still in bed, and thus counteract the wasting which enforced lying often brings. Descriptions are clear and simple, and after preliminary support or correction from their nurse, disabled men will progress to doing the movements unaided standing or lying out-of-doors. Great stress is laid on the importance of fresh air and deep breathing after each exercise. Miss Muller has had excellent results from her cases, and not the least interesting in the book are the testimonials from soldiers who took the treatment under her and continued after leaving. The photographs add greatly to the understanding of the movements, and the one of a patient, who has lost a leg, standing without crutches and bending the trunk to one side, shows what degree of balance can be attained with practice."

From "Health and Strength"

"Miss Muller has incorporated the results of her discoveries and experiments in a most valuable book. It is one that should be widely circulated, containing as it does twenty-six illustrations, showing clearly how poise and balance, health and strength, vigour and energy, may be again regained by those who are wounded and have lost partial or complete use of their limbs."

From "The Ladies' Field"

"The publication of this little volume should be warmly welcomed. Miss Cecilie Muller has undertaken during this war-time arduous work for our wounded, and now, with a complete knowledge of her subject, has thought out and compiled a series of simple, modified 'Muller' exercises, each one set forth with great clearness in the book before us and made still plainer by photographic illustrations. Wonderful things have been achieved by working faithfully at these exercises. Badly crippled soldiers, the poor sad heroes who have lost legs or arms, have developed helpfulness, self-reliance, and, consequently, cheerfulness under Miss Muller's untiring tuition. It is obvious, therefore, that this little book will find its mark."

From "League News"

ST. BARTHOLOMEW'S HOSPITAL

"Miss Muller gave a most interesting demonstration to the nurses in the Clinical Lecture Theatre on June 25th. She went through a series of exercises, which would usually take an hour to perform, explaining which muscles or organs each was intended to benefit. Finely formed, graceful, and very strong, Miss Muller was a pleasure to watch, and the demonstration was much enjoyed by a large audience of nurses and a few sisters. One did not realize the difficulty of the movements till Miss Muller showed how they should not be done, and her skill and grace was made the more apparent. She urged that a few simple exercises daily, done well, and accompanied always by deep breathing, were very good for the system, and need not take much time, but advocated for people with sufficient leisure half an hour of exercises, some before, the others after a bath. . . . The Matron proposed a vote of thanks to Miss Muller, which was carried with acclamation.

26 J.

FRESH HOPE AND HEALTH

KLAMPENBORG, DENMARK.

October 7th, 1905.

My sister, Cecilia Muller, has received instruction in "My System," personally from my wife and myself, and I certify that she is qualified in every respect to give tuition and courses of instruction.

It is a pleasure to me that I can recommend her so warmly, for she is particularly good, not only in connection with the most important points, but in the finer details of the work.

(Signed) J. P. MULLER.

PRESENTATION COPY

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FRESH HOPE & HEALTH

FOR HOSPITAL PATIENTS
AND INVALIDS

BY

CECILIE MULLER

(SISTER OF LIEUT. MULLER, ROYAL DANISH ENGINEERS)

THE FIRST EXPONENT IN ENGLAND OF HIS "SYSTEM"
OF BREATHING AND PHYSICAL EXERCISES

WITH TWENTY-SIX ILLUSTRATIONS

SECOND EDITION REVISED

LONDON

G. BELL AND SONS, LTD.

1919

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PRESENTATION COPY

NOTE

The First Edition of this book was addressed especially to soldiers wounded and disabled in the war, for whose benefit it was written; but as the principles and treatment recommended apply equally to all patients and invalids, it has been thought well to keep it in print, though the immediate object has, happily, in great measure, ceased to exist.

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FOREWORD TO THE SECOND EDITION.

The teachings of this little book are of such great value not only to those for whom it is specially written but for all, that it gives me great pleasure to comply with Miss Muller's request to write a short foreword.

The longer I practise, the more certain I am that a large amount of ill-health and disease could be avoided if care were taken to keep the muscles in good condition and the lungs properly inflated. The Greeks discovered this thousands of years ago, but it has been largely forgotten.

It may be thought, and it is often objected, that this means so much time. This is not so. A few minutes every morning and the development of certain easily acquired physical habits, will ensure that the breathing is ample and that the muscles are kept "fit." The development of an athlete is not required and is probably even deleterious to those living an ordinary life, but the proper carriage of the body, the adequate inflation of the lungs, and the accompanying sense of well being and freedom from many minor ailments can be and is easily acquired.

My daily work so constantly brings me in contact with those, especially of middle age, who suffer from many

trivial but most tiresome ailments which in many cases produce conditions where serious disease may supervene and even prove fatal. These are directly traceable to the neglect of a little care of the physical condition.

In these people a slight catarrh develops quickly into acute bronchitis. Constipation becomes more and more persistent, and such diseases as gall stones and hæmorrhoids are common. It is hardly possible to question that these ailments are due to the neglect of physical habit, and are not present in those who take thought of the body.

If Miss Muller's book brings these truths before even only a few people it will have justified its existence.

It is true as ever that "the people perish for lack of knowledge."

H. BECKETT OVERY, M.D., F.R.C.S.

19, LOWNDES STREET, S.W.

ORIGINAL PREFACE.

I have read Miss Muller's manuscript with deep interest, and I strongly advised her to keep it in its present state, as any alterations or "improvements" that could be made might not render what she has to say clearer, and would detract, in my opinion, from their charm and character.

I have practised now for some years the system of her brother, Lieutenant J. P. Muller, and have derived untold benefit from it. It has changed my standard of health, my idea of what the word Health means. This system Miss Muller has arranged so that wounded soldiers may obtain good from it. Many have already done so under her guidance; to this there are letters which bear ample testimony. I should like to say that I think the book's chief value lies in the honest and sincere spirit in which it is written, for it will carry on the writer's keenness and patience without which all teaching is unprofitable, and it will enable the soldiers not only to get well more quickly, but also put them on the lines of keeping well afterwards, and increasing their standard of health and strength.

I consider it an honour to be in any way connected with work so admirable as that of Miss Muller and her distinguished brother, and I am glad to be able heartily to recommend the teaching of these exercises, as described in Miss Muller's little book.

HUGH DE SÉLINCOURT.

12, HILL ROAD, N.W.



Eight Exercises for Wounded Soldiers and Invalids

Written in 1915

DEAR, BRAVE BRITISH SOLDIERS,

When I was asked to come to Stapleton Park Hospital to help start a sun and air bath for wounded soldiers, I was very glad. Since the war broke out, I wanted to do just this thing—and to try and help them with my brother's exercises, which I had modified for invalids.

I had only had opportunity to knit and sew and help with concerts, but I was content as one who feels certain of one's call, and knows that the realization will come in time. I knew it was a call, for just before the war and some little time after, there

happened things which were assuring enough and remarkable. For ten years I had the joy of being able to help many patients to get rid of one and another illness, even weaknesses which had plagued them for years. I was mostly recommended by doctors, but only just now the care of real invalids was in full faith given to me, and then I had to think out how to specialize and modify my brother's exercises in these single cases. It came so easily, and seemed so simple, that it certainly must have been inspiration. That is why I knew that I one day would be called to help the wounded British soldiers, who possessed my whole heart and sympathy in this dreadful war.

For instance, a young lady with only one arm was sent to me by a well-known London doctor. Her whole system improved by the exercises, especially her nerves, which were in a bad state, her general health weak, and her spirit low. Another lady patient had a bad leg (ulcerated ankle), and could hardly move, and a friend of mine burned her foot badly with hot water. Both were helped and strengthened by doing the mildest movements—still milder than my brother's easiest degrees—in sitting or lying position. Short extracts from their

letters will show better than my words that their health improved :

“Last year I scalded my foot and was unable to get about for some time, and then became unwell through lack of exercise. I met Miss Muller, and she advised me what to do in order to keep myself in good health. I have found her exercises very beneficial, and would like to recommend them, especially to those who lead a sedentary life.

(Signed) ASTRID TESCH.

London. July 27th, 1915.”

And this from another friend:

“For three years I suffered from an ulcerated ankle, and my doctor could only advise an operation of scraping the bone. I consulted Miss Muller, and by a course of three months’ treatment and massage, my ankle has been completely restored to a healthy condition. I most thankfully testify to this experience in gratitude to Miss Muller, and for the benefit of others.

(Signed) M. McCALMAN.

‘Evanston.’

Preston Avenue, Highams Park, N.”

I want to send copies of this book to some military hospitals, hoping the doctors and nurses will be interested in the work and after reading about the good results, try them on their patients, who also might be able to benefit. I will give a plain,

short explanation and then I am sure, the patients could easily do the exercises with or without their nurses' help. The photographs will show them so plainly that I hope they will inspire you to try the exercises, if you need movement, and your wounded legs hinder you in walking, and if your doctor allows you. Some would perhaps say: "Exercises for wounded who must stay in bed—is that possible? If they have a wounded arm or head, and can stand up and walk about, yes, then perhaps; but if they cannot move out of the bed because their legs are too badly wounded—or if they have no legs—what then?" Well, that is just the point, and those poor men need it most of all, just to strengthen all the weakened muscles and internal organs, to keep the circulation, the digestion, and the nerves in good order. It is a sad thing if all this shall be done with medicine only, and even then perhaps impossible; but by gentle movements, lying in bed, it can be done remarkably well.

The best result I had with Sergeant-Major O'Grady. He had a bullet in his chest, which caused him so much pain that he could not bear to move, but was lying quietly in bed till I showed him the breathing exercises, and explained how it would

give much more space for the bullet, it would not press him so much as when he breathed in the wrong way. It took the pain away very quickly, naturally enough. The next day he was up, went about happy and lively. He was so enthusiastic about the work that he wanted to teach the exercises himself.

BREATHING EXERCISES

Before describing each of the eight exercises, I should like to explain in what way I let my wounded soldiers—in fact, all my patients—breathe between the exercises, and how I introduced it in my brother's Institute, with his acceptation and perfect approval. I let them always have a good rest to strengthen them for the next exertion, and let them try to inhale as much fresh air as possible in this time of rest, either out of doors in the summer, as, for instance, in the sun and air bath last summer, or for big open windows in the winter. Fresh air means for all of us oxygen, fresh new blood, which nourishes us and gives us new health. I let all my patients lie down on a flat sofa, or on a carpet on the ground, and then they must take ten quiet, deep breathings. The soldiers with badly wounded legs lie in bed, of

course, but in the summer, when they were strong enough to move down to the sun and air bath with their crutches, they were lying on the "improvised" beds there, a sort of sofa, or on a carpet on the grass, as one of the photos shows you. About ten years ago, in the beginning of my practice, I discovered that people who cannot do the right deep breathing standing, always can learn it lying down, and here it comes most beautifully in as a useful and beneficial thing for the soldiers who cannot stand at all without crutches. But I tried it first, when some very weak or old ladies, with heart troubles or other bad complaints, were sent to me by doctors who had complete confidence in my methods and work. I want you brave invalids also to have confidence if any of you are so unfortunate to have got heart trouble or weak lungs. Many soldiers who were gas-poisoned, have benefited by this way of breathing, and by the gentle exercises. One of them is so strong now that he has gone home for furlough. I have several nice letters from him. One, which he wrote before he went out, and wherein he tells about the benefit he derived from the exercises, I put in here with some few of my letters from other friends and patients who were helped. I hope

they, too, may persuade you to try this easy way to be stronger, and perhaps in time perfectly fit again.

There are two reasons why I let all my patients, old and young, lie down and breathe. First, as I mentioned before, because those who cannot breathe rightly standing, always can learn it lying, and here I must tell you the remarkable fact which I have experienced: that only one of 1,000 knows the right, natural breathing. My singing teacher was one of the few who knew, and taught her pupils, but often I have had professional singers as pupils who did not know it, and they told me that by degrees, not only their general health, but also their singing-voices improved by this way of breathing. And if it is good for singing, why not for talking, walking, laughing, and eating?

The second reason why to try breathing lying down is this: it is a much better rest after a tiring exercise to lie down a few minutes, than to stand erect and breathe, and breathe you must if you will gather strength for the next exercise. By lying down you can learn to relax completely by stretching the arms downwards by your sides, and let them too have a good rest, and when you now breathe very slowly and calmly, a wonderful soothing feel-

ing will come to you. The circulation will improve highly by breathing in this way, for when you relax, all the muscles take much less space, and then the blood will run freer and quicker, and be oftener renewed and better altogether. You will know it is right when it begins to tingle in the finger-tips. And is it not clear that the wounds will heal better and quicker by this improved and often renewed blood circulation? And then, of course, you will quicker get rid of pain. When I by teaching explain all this to my soldier friends, they all say, "This is only common sense, Sister." They like to do things which they feel they can believe in.

And how must you perform the deep, full breathing? Not the chest breathing or the middle or abdominal breathing only, but all at once? Lift your lower ribs at the same time you lift your chest, which you will find easy lying down on the back. If anyone is strong enough to stand, but cannot take full breathings, and likes to learn it quickly, he also should try it lying down. You will all love the quietness of it. All the wounded soldiers who suffered from sleeplessness tell me that they sleep well the first night they try it, and generally before they have reached the tenth time. "I counted to

eight, and then did not know more of myself," I often hear them say. You have surely heard that you ought to use the diaphragm for breathing, but really of one thousand only one does it. You need not speculate much of how to do it, when you start expanding the ribs, for nature comes in here and helps you, and makes the diaphragm move in the right direction, namely, downwards, so that there comes a big open space between the ribs and the diaphragm, into which the fresh air will stream fully and vigorously. Fill your lungs to the bottom as you never did before, for in the old "traditional" way you do the opposite of the right—you press your ribs down on your internal organs, and lift the chest up for a little half or quarter breath, or less. It gives you perhaps only a tenth of the air you ought to inhale in each breath. This I always call closing the internal door instead of opening it, which expression my soldier friends understand and like. Many people breathe through the mouth, so did most of my soldiers, but that is very unhealthy, for the bad germs which are in the air come into the lungs without the purifying and warming process which is done in the nose; it is also wrong to exhale through the mouth, one important reason being that the "stove should be

kept warm," so the warm air must go back through the nose; and another reason is, it must bring out again those disagreeable germs which are gathered from the inhalation. One third important reason is not scientific, but aesthetic; it looks ugly and stupid to walk about with an open mouth. I know a girl who always breathed through her mouth walking in a street in Copenhagen, and a naughty, witty street boy cried to his comrade: "Look at her, you can throw a pail of water down there!" The mouth should only be opened for talking, laughing, and eating, and even then as little as possible for the sake of beauty. When people breathe through the nose, they often pull the nostrils together with a noise, instead of opening them wide, quietly and without any noise—and that would really make the air stream in fully and benevolently, especially if you try to move the nostrils to the sides—look before a mirror if you find it difficult.

After ten of these deep, lying-down breathing exercises, you will feel marvellously rested, and fit for a new exertion if you are not very weak, and I shall directly tell you how my wounded soldiers perform the 8 exercises. If they are very weak, or have been in bed for a long time—which

generally is the case when they come—I only give them No. 1 the first day, and the ten deep-breathing exercises (lying down), which nearly influence the whole system immediately, very much the internal organs, for that quiet breathing especially improves the circulation very soon. How do I know that this is the only right way of breathing, which God and nature mean us to do? apart from these proofs, which my soldiers all say are “only common sense,” well, I have studied nature from the ground of—from little children. One motherless little baby girl was in my charge for six months until her grandmother was able to take her over. She was mine from four months till ten. I was with her night and day, and saw how the little, fine chest and stomach lifted and fell all the time, when she was lying down, either happily laughing or unhappily crying—for teeth—or soundly sleeping. Both before and since then I have noticed it in many other healthy babies. Why don’t we always learn from them or nature? We would keep ourselves stronger and happier. And why do we come away from the happy, natural ways altogether? The bad, tight clothes, result of a wrong civilization, the restless time, I believe, women’s tight corsets, and

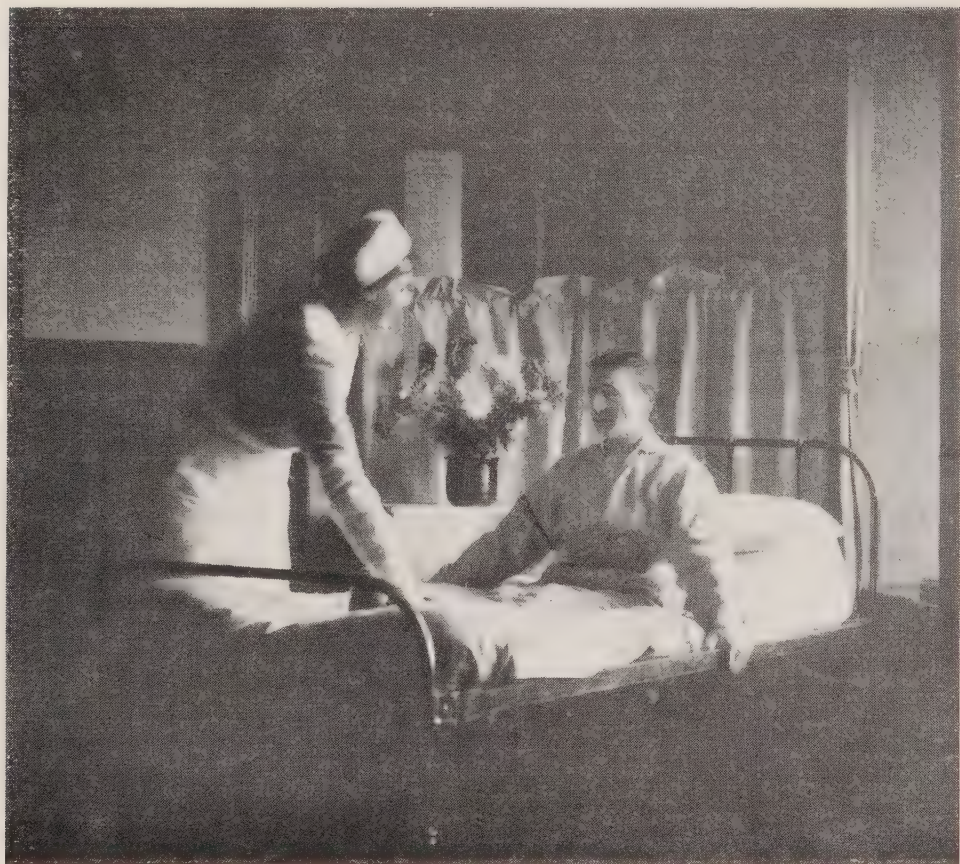
men's tight braces. How often have I had to take them off the shoulders of my young friends; they were simply like a prison for them. The same said a colonel laughingly when he came and saw our first demonstration here. When the boys said, "But, Sister, we loose our trousers," I say, "Here are safety pins to keep them up, boy, come along, please." Most of the soldiers have elastic braces, such unhealthy things. I had a soldier friend, shot through the right lung, whose braces I examined before he took them off. They were 5 to 6 inches too short for a real sound breath, and pulled him forward so that the poor chest was crushed together instead of free. He felt a heavenly relief when he learnt the lying-down breathing, freed from the tight things which hindered him, and was longing for a new system in his clothes, so we are just trying by small means to improve all these "narrow" conditions. Braces should always be worn so loose as to enable a deep natural breath.

EXERCISE NO. 1.

Ask your friends or nurse to put her hands, or one of them, gently on both your ankles, and if they are wounded or weak, put the hand a little higher, and so on.

Raise yourself into sitting position, grasping either side of your bed with your hands, move the trunk round in circles, turn thrice to the left side, and thrice to the right the first day; next day, four times, and the following day five times, till you get stronger, and can do them standing. Inhale when you go slowly backwards, exhale when you turn slowly forwards, for you have much more space to fill your lungs with fresh air when you go backwards, than when you are bending forwards.

Then, after this exercise, which improves most of the internal organs, the abdominal and back muscles (*Photo 1*), lie down quietly and take 10 deep breathing exercises, as above described. You will very soon feel the improvement in the circulation only by doing them. The next day you repeat No. 1, and



PTE. H. A. BAMWELL, 9TH WORCESTERSHIRE REGIMENT

EXERCISE NO. I. WHEN VERY WEAK



SERGEANT-MAJOR O'GRADY

EXERCISE NO. 1. SECOND DEGREE, WHEN STRONGER



PTE. SHAW

EXERCISE No. 1. WHEN STRONG ENOUGH TO KEEP THE BALANCE ON ONE LEG



J. JACKSON

EXERCISE No. 2. WHEN STRONG ENOUGH TO DO OUT OF DOOR EXERCISES



LANCE-CORPORAL E. W. BARSTED, 13TH LONDON REGIMENT

EXERCISE NO. 2. WHEN SUPPORT IS NECESSARY



I. JACKSON

EXERCISE No. 3. WHEN THE HEALTH AND BALANCE ARE STRONG



PTE. T. FLETCHER, 5TH SOUTH STAFFORD REGIMENT

EXERCISE NO. 3. WHEN WEAK

do the ten breathing exercises after that again. Then we start a new exercise, which is good for the legs especially, but remember that every exercise which improves your circulation is good for the wounded legs, for it brings new stuff into the wounds, frees them from the old, bad material—the germs—which so easily come in, and then the wound heals up quickly. All these 8 exercises help for that, every one in its own way.



EXERCISE No. 2.

Lie quietly down on your back, lift your strong leg (if only the one is wounded) or arm up and down, 3 times, a short distance, and 3 times a big distance, the hands in the same position as by No. 1—grasping either side of the bed very firmly, which is most restful also while doing this exercise. If the one arm is wounded too, keep it quietly in the sling. The breathing must be slow and regular, inhale when taking the leg up, exhale when down. When the strong leg has been exercised, I lift the wounded one up and down gently the same number of times as the strong one was lifted. The patient takes a deep inhalation when the leg is lifted up, and exhales slowly when it is brought down. Your nurse will be glad to lift the leg up and down, I am sure. If both legs are wounded, they must of course be treated equally carefully. Very soon my patients were better for this treatment; they could lift the legs up and down themselves. No. 2 is good for the abdominal muscles and organs, and for the leg muscles, and helps the digestion (*Photo 2*). Ten deep breathing exercises.

EXERCISE No. 3.

Having the legs held as before, "raise the trunk up and down from lying position to sitting, grasping again either side of the bed with your hands; try not to put the head and shoulders forward. The patients are often inclined to round the shoulders during this exercise, which is bad for the health. It is easy to keep straight, when supported in such good way, when the hands keep hold of the sides of the bed. Inhale backwards, exhale when you come up. This exercise must be done specially carefully at first, even in this easy way. I only let my patients move backwards and forwards twice the first day, next day thrice, the fourth day four times, and so on, up till 6 times, which we keep for a good long time, till the patient is strong, and can by degrees come up to 12. (*Photo 3*); 10 deep breathings. No. 3 exercise is good for all the internal organs, especially the digestive ones, and good for the stomach, back, and leg muscles.

EXERCISE No. 4.

Again I help the patients' feet or ankles, and let him rise up to sitting position, and let him grasp either side of the bed with the hands, then let him twist the trunk quietly first to the left side, whilst inhaling, then round to the original position whilst exhaling, then to the right side, inhaling, and back, exhaling. When the patients are stronger, I give them a little more difficult position, for this exercise generally does not tire them a bit. I let them have "hands on hips," which I always let my other patients do, when they did my brother's No. 4, standing, and it is still milder than *his* first degree. When I introduced the exercises for ladies, and my own just described way of breathing, in his Institute in London, I showed it to him to have his permission to do it with very weak ladies, and told him I had discovered it years ago, when I started, that they never were tired of this way, as when they started immediately taking the arms up as in my brother's No. 4. He was very pleased seeing it, and said, "Yes, this is still better and easier for weak

people than my first degree." I let my patients twist the trunk 3 times to each side the first day, next day 4 times, then 5 times every day for a little time, till they are strong enough to do them from 10 to 12 times every day. The No. 4 Exercise has a splendid influence on the liver, the kidneys, the spleen, etc. (*Photo 4*). After the exercise, the patient must again lie down and take the 10 quiet deep-breathing exercises.

EXERCISE No. 5.

“The Flying Exercise” is the soldier’s name for this exercise. It is performed thus: I keep the feet or ankles again; your nurse will be glad to do it. You sit up and stretch the arms in full length, first the palms upwards, and swing the arms in three small circles—from forwards backwards—then three big circles. Afterwards the palms downwards, please, and swing three small and then three big circles the other way. The breathing must be slow and natural, as in all the other exercises; three small swings come in fine in one inhalation, and the next three in one exhalation. And inhale when you swing the arms in one big circle, exhale whilst doing the next; then inhale by the third circle, and rest whilst exhaling (*Photo 5*). Thereafter, 10 deep breathing exercises lying down. This exercise has a very good effect on the heart and lungs, the arm, shoulder, and back muscles.

EXERCISE No. 6.

Lie flat on your back, grasping either side of the bed with your hands. Swing the strong leg slowly round in three small and three big circles outwards; then your nurse will be kind enough to swing the wounded one the same number of times, gently and slowly. Afterwards swing the strong leg inwards in three small and three big circles; then the nurse will swing the bad leg in three small and three big circles. Try more circles when you get a little stronger. When both legs are wounded and weak, your nurse will swing them both very carefully. You must inhale slowly when you bring the leg upwards into the circle, and exhale each time it comes down (*Photo 6*). This exercise strengthens the digestive organs, the back and leg muscles, and helps you to avoid taking castor oil, which I know is an enemy to you; 10 deep-breathing exercises lying flat on your back, give you strength and rest after this exertion.



EXERCISE NO. 4. THE EASIEST WAY

SECOND DEGREE, WHEN STRONGER AS IN EXERCISE NO. 1



PTE. ASH

EXERCISE NO. 4. WHEN ONLY THE LEGS ARE WEAK AND NEED SUPPORT



PTE. BATHGATE
EXERCISE No. 4. WHEN THE LEGS ARE STRONGER



PTE. GRIMLEY
EXERCISE No. 4. OUT OF DOORS



CORP. DAVIES

EXERCISE NO. 4. WHEN BOTH THE ARMS AND THE LEGS ARE
STRONGER, AND DO NOT NEED SUPPORT



CORPORAL WADDELL, 1ST CANADIANS

EXERCISE No. 4. WHEN THE HEALTH AND BALANCE ARE *VERY* STRONG



PTE. ASH

EXERCISE NO. 5. PALMS UPWARDS. WHEN THE LEGS ARE WEAK,
OR ONLY ONE LEG



PTE. ASH

EXERCISE NO. 5. PALMS DOWNWARDS. WHEN THE LEGS ARE WEAK,
OR ONLY ONE LEG



PTE. BAMWELL, 9TH WORCESTERSHIRE REGIMENT

EXERCISE NO. 5. WHEN THE LEGS NEED SUPPORT



LANCE-CORPORAL POWER

EXERCISE No. 5. OUT OF DOORS WHEN STRONG



CORPORAL WADWELL

EXERCISE No. 5. WHEN THE BALANCE IS VERY STRONG



LANCE-CORPORAL BARSTED

EXERCISE NO. 6. WHEN THE LEGS NEED SUPPORT



LANCE-CORPORAL POWER

EXERCISE NO. 6. WHEN THE LEGS ARE STRONG AND NEED
NO SUPPORT



EXERCISE NO. 7. WHEN STRONGER

THE EASIEST WAY AS IN EXERCISE NO. 4



1. W. SCURR. 2. J. JACKSON. 3. SHAW

EXERCISE No. 7. WHEN THE BALANCE IS MUCH STRENGTHENED



J. JACKSON

EXERCISE NO. 7. WHEN THE BALANCE HAS BECOME EXCELLENT



EXERCISE NO. 8. BENDING OF THE KNEE WITH SUPPORT



W. SCURR

EXERCISE NO. 8. WHEN STRONG ENOUGH TO DO THIS EXERCISE
IN STANDING POSITION

EXERCISE No. 7.

The soldiers call this the "Bowling Exercise," and they love to bow to one another instead of all in the same direction, if I have a class—and I let them, even when we had demonstrations for visiting staff officers, etc., for it gives both the performers and the onlookers a healthy, merry laugh, so funny does it look. The soldier with wounded legs performs it thus: He raises himself up to a sitting position in the bed, with the legs outstretched again, and I gently help to keep them down, which your nurse will be glad to do. You grasp both sides of the bed with the hands, which is an excellent support for this exercise—as my wounded friends always tell me. Now you twist the trunk to the left side—like No. 4—slowly and gently, whilst inhaling, but then bow or bend forward while exhaling. Raise up the trunk, and turn quite round to the right side and inhale, then bend forward again and exhale. Do this six times the first day, three times to each side. When stronger, take again "hands on hips," as I invented it for elderly ladies in my brother's No. 4 and No. 7 (*Photo 7*). Then lie down for 10 restful breathing exercises. No. 7 has a similar splendid influence as No. 4 on the liver, kidneys, spleen, etc., in a still higher degree, and influences the spine and the ribs in a beneficial way.

EXERCISE No. 8.

Lie flat on your back, bend and stretch the strong leg, inhale when you bend, exhale when you stretch the leg. Then your nurse will carefully bend the weak leg, whilst you inhale and stretch it out again whilst you exhale. And so on, alternatively, six times, which would not tire you the eighth day, for remember not to try more than one new exercise every day, after repeating the old ones with 10 quiet breathing exercises between them, and conclude with 10 restful, breathing exercises after No. 8 (*Photo 8*). No. 8 is very good for the digestive organs, for the circulation, and for the leg muscles. One man, who was shot through the right lung, and who improved highly by massage and these gentle exercises in bed, found that this knee-bending in a lying position has done him more good than any other exercise, for his legs were very weak and stiff for a long time after he was wounded, but grew quickly stronger, as soon as he had started the daily exercises.

THESE EIGHT EXERCISES, daily performed, have shown themselves sufficient to keep the wounded in good health and strength, and have often made them stronger, healthier, and happier than they ever were before in life, so they tell me. Their internal organs are improved and strengthened in a way they never knew of by their ordinary drill. Those who are wounded in one arm or both—as one I am instructing just now—do the exercises lying down at first, when their nerves are very weak. Afterwards they stand and perform the exercises in the same way as described in my brother's book for men: only for a long while I let the badly wounded ones do my own mildest degrees for No. 4 and 7, and I always let them lie down for the breathing exercises, till they are perfectly strong, between muscular exercises, first, as said before, because they cannot do it well standing, and then it is much better for their nerves, which several famous doctors agreed to, and—last but not least—they all love the rest of it. After a fortnight they generally tell me that the right breathing comes naturally to them, in daily work or movements, walking, talking, etc.

I am very grateful for the help I had in testimonials from matron, and from some of the cured patients, for they can all better tell than I how the wounded soldiers improved. I believe the gas-patients were *chiefly* helped by the breathing exercises, those with bad nerves also. If the gas-poisoned soldiers had both strong legs to stand on, and strong arms to rub with, I taught them by degrees my brother's rubbing exercises, but none of them were inclined to do more than those 8 muscular exercises each day. They seemed interested enough when they learned them, but put them aside—for later on—when they knew them, so I never forced them on any of them, finding that the chief thing was to make them love those exercises, which they would choose for their whole life as “their daily bread and butter.” One persevering young soldier with only one strong arm—the other badly wounded—managed to learn most of the rubbing exercises with the one strong arm, but gave them up, finding the 8 were sufficient for him to keep perfectly healthy, which he tells us in a very nice testimonial. (C. Power).

My massage is built partly on the ground of my brother's rubbing exercises, like his, without vaseline or powder, which stops the pores instead of open-

ing them to the influence of the fresh air and the Magnetism and Electricity from a healthy hand, and the patients get much more of the body "rubbed" than just the weak parts, even if it is not "general massage." When the knee is badly wounded, for instance, it takes the pain away much quicker when one gives gentle massage on the whole leg from the toes to the waist. I had one patient who was shot through the patella (knee-cap). He told me that he had had three months' massage on the knee only, and very bad pain all the time, and no movement whatever possible, for the leg was perfectly stiff; when he came here he slid it after him. After three weeks' massage on the whole leg, he was strong enough to go home for furlough. After two days' massage the pain was gone altogether, and the leg less stiff, so that he undertook a walk of six miles, which of course put him back again; but he got on quickly after that, not only due to the sort of massage, but to his own strong will and faith in the treatment, the energy with which he started the exercises, and performed them each day, and the beautiful sunshine we had in those days—which permitted me to expose his wounds and the whole leg for one hour every day to the strengthening and

healing sun-rays. Then, of course, the fine country air and the good food did the rest. Some days before he went away, I said to him, "This seems to be nearly a miracle." "Well, Sister, I think it *is* a miracle," he said.

The sun and air bath was a success at Stapleton Park. A friend of mine helped me to start it, whom I had taught it, and who knew that I had introduced it in different other places, and given two demonstrations at the fine Riposo Sunbath, Hastings. We tried our best to make the "Tommies" like the sun-baths. It did them much good, especially in the warm days of July and August. Both their wounds and nerves benefitted a great deal, the open wounds being exposed, the first day 20 minutes, the next day 30, up to one hour every day. We had a lovely big place, and a tent where we did the exercises and massage on rainy days, but as soon as the weather allowed it, sun or not, we had the classes outside on the grass and carpets for the lying-down exercises. We had much laughter and fun, which, I believe, more than anything helped the poor, destroyed nerves. One of my patients, very nervous and sad-looking at first, began, after a fortnight, to sing each morning when he came down to our sun-

bath. When I said "That is nice to hear, it is like the happy birds," he answered, "Sister, I feel quite different since doing the exercises down here. I used to dream of the trenches every night, and now I never think of them any more." All their fun and humour came back to them; they were like happy schoolboys. Our nice place they called "The Muscle Factory"; my assistant and I were the "muscle-makers." It was a happy, merry time, and a glorious sunny summer; the only way to force back the sad thoughts was to help and cheer, and to lessen the sufferings. Now it is winter, and we must have the exercises indoors, with open windows of course, but we are still very happy and merry, and full of fun. I admire the high spirits of the British soldier, and love his gentle, patient way. We are heartbroken when they must leave us and go back to the trenches, even if we know it is their duty, for we never know if we meet again on this earth, but we feel sure—most of us—that we shall meet again in another world. In spite of fun and laughter, we often have a little serious, deep talk together, and we have a "Reading and Debating Club," where we read good books and talk about them. It is astonishing to see how deep and developed some of those young

boys are. The war has opened their eyes to many things. They often have a deep, firm faith in God, and a lovely pure mind.

STAPLETON PARK. *December, 1915.*

Now it is about five years ago I came alone to England to introduce my brother's exercises, and felt rather lonely the first year, but was so extremely busy with work, that there was not much time to make friendships. Still, no one can live without friends, so I am sure I should have gone back to my own country, Denmark, had it not been for a few firm friendships, especially one which taught me much good and beautiful, and then otherwise this little book would never have seen the light. All the different patients were very kind, only I had to hurry from one to another. The next 15 months I worked at my brother's Institute, when my brother came to London a year later, and had less time for pleasure and friends, introducing the system for ladies, and some of my own ideas, which I have already mentioned. I had a bad accident while giving a demonstration, and had to give up work for a time, and was not strong enough to work in

the same way for a long time after; then I started private work again. Seldom have I been more grateful for anything than for that accident, for it gave me time and opportunity to make more beautiful friendships, learning to know the fine, faithful English character. It is good to have you as friends—both you, my dear, splendid women friends, and you, brave soldiers. I love England now better than any other country in the world, except my own, for these last three years gave me more friends and loving happiness than all the other years since my parents died. Warm thanks to all of you.

ITTON COURT, CHEPSTOW, *October*, 1916.

SCHEDULE

NO. 1 EXERCISE.

Have the legs supported by a gentle, firm hand, raise yourself into sitting position, grasping either side of your bed with your hands, move the trunk round in small circles, thrice to the left side and thrice to the right to start with. Inhale going backwards, exhale going forwards. 10 deep-breathing exercises.

NO. 2 EXERCISE.

Lie quietly on your back, lift your strong leg (if only one is wounded) up and down a short distance three times, and three times a big distance, the first day, grasping either side of the bed firmly. If the one arm is wounded too, keep it gently in the sling, and support yourself only with the other arm; if both are wounded, you must have support by a kind hand. When the strong leg has been exercised, a gentle hand must lift up the wounded leg very carefully, three times a short distance and three times a big distance. Inhale and exhale, slowly and regularly. If both legs are wounded, they must both be helped. 10 deep-breathing exercises.

NO. 3 EXERCISE.

Have the legs supported as by No. 1. Raise the trunk up and down from the lying position to sitting, grasping either side of the bed with your hands. Inhale slowly going backwards, exhale slowly going forwards. Only do this movement twice to start with, and more times when you are stronger (perhaps three times the next day). 10 deep-breathing exercises.

NO. 4 EXERCISE.

Have the legs supported, and raise yourself up to sitting position, grasp either side of your bed with your hands, then twist the trunk quietly, first to the left side whilst inhaling, then round to the original position whilst exhaling. Only go three times to start with. Then 10 deep-breathing exercises.

No. 5 EXERCISE.

Have the ankles (or legs) supported, sit up and stretch the arms out full length, first the palms upwards, and swing the arms in three small circles from forwards backwards, then three big circles the same way. Afterwards the palms downwards, and swing three small and three big circles the other way round. Breathe slowly and regularly, 10 deep-breathing exercises.

NO. 6 EXERCISE.

Lie flat on your back, grasping either side of your bed with your hands. Swing the strong leg slowly round in three small and three big circles outwards, then let a gentle hand swing the wounded leg the same number of times. Afterwards three small and three big circles inwards, first the strong leg (yourself), then the wounded one (by help). Breathe slowly and regularly. 10 deep-breathing exercises.

NO. 7 EXERCISE.

Raise yourself up to sitting position, with the legs gently supported, and grasp both sides of the bed with your hands, twist the trunk to the left side whilst inhaling, bend forward whilst exhaling. Raise up the trunk and turn quite round to the right side whilst inhaling, bend forward again and exhale. Do this three times only to each side to start with. 10 deep-breathing exercises.

NO. 8 EXERCISE.

Lie flat on your back, bend the strong leg whilst inhaling, and stretch it whilst exhaling. The kind helping hand will bend the wounded leg, whilst you inhale, and stretch it whilst you exhale. Let each leg be bent and stretched only three times to start with. *Remember* not to try more than one new exercise each day, and do not forget 10 deep breathings after each exercise.

From this short schedule, you see how simple it is to give the wounded or invalided heroes new health and strength, in general to help the wounds to heal quickly and give new vigour and life to mind and body. It only surprises me that no one before thought of giving such gentle movements to the wounded soldiers who were confined to bed for a long while—to strengthen all their internal organs, and thereby their general health.

When I told my brother a little about it, he said, "Yes, wounded soldiers often come to my Institute." "But," I said, "those who must lie in bed for a long while cannot go to the Institute." "No, of course not." "Well, my treatment is for those." Then I told my brother all about the severest wounded,

especially those who had lost both legs, and he then said: "What a pity you cannot teach many more, thousands ought to know this." "Well," I answered, "that is why I wrote the book." And now it is my hope and wish that it will help and comfort not only the wounded heroes who read this but many other poor invalids.

TESTIMONIALS

From Mrs. Emma Barton, Commandant.

VOLUNTARY AID AUXILIARY HOSPITAL,
STAPLETON PARK, PONTEFRACT.

Sister Cecilie Muller has very kindly been here for six months, and has had an average of twelve patients a day for massage and exercises. The improvement noticed in these cases has been very marked, and, apart from this, the patients themselves have thoroughly enjoyed the treatment, and we have all appreciated the delightful kindness and goodness of Sister Cecilie.

EMMA BARTON.

From Mrs. Hope Barton.

VOLUNTARY AID AUXILIARY HOSPITAL.

Miss Cecilie Muller has worked in this Hospital for about six months. During that time she has had about twelve patients daily for massage, and has also had a class for breathing exercises. The men have enjoyed these classes, and a very marked improvement in their condition has been noticed.

The directions for these exercises are of the simplest nature, and are easily learnt in a few lessons. All movements are done to the words of command, "Inhale," "Exhale," so that the patient never forgets where to take a breath in, and where to let it go. This is an important part of the treatment.

By each exercise is also taught why that particular movement is chosen, so that the patient knows when he is specially helping his lungs, heart, liver, etc. Miss Muller's massage is also excellent, and the massage combined with the exercises have, I feel certain, helped many a man to a state of health he would hardly have otherwise attained.

(Signed) I. G. CRAWFORD, Matron.

From Mrs. Augusta Curre.

ITTON COURT, CHEPSTOW,

December 31st, 1917.

DEAR SISTER,

As you are leaving here so soon I must write and say how much I shall miss you, and so, I am sure, will every one round whom you have done so much good to with your treatment in the eighteen months you have been here now ; many you have improved in health, all the wounded soldiers who have had your massage and done your exercises, and many others on the estate who were thought beyond help with rheumatism, consumptive tendencies, etc., and weak nerves. Also your book has brought in quite a large sum for the Red Cross already, as I have sold about thirty pounds' worth, and with the ones you have sold it has been considerably more.

I certainly feel stronger since I have done the exercises, and feel I have more breath to walk up-hill with and in every way.

I must also say how much the village school children owe to you for having taught them all (about fifty-five) your brother's exercises, and I was pleased at the demonstration the other day to see how well they did them and remembered them all, and the schoolmistress said they had been much stronger since they had done them.

Yours ever affectionately,

(Signed) AUGUSTA CURRE.

*From the Right Hon. Sir Albert Stanley, M.P., Minister of the
Board of Trade.*

ELECTRIC RAILWAY HOUSE,
BROADWAY, WESTMINSTER, S.W.

July 17th, 1915.

DEAR MISS MULLER,

It gives me much pleasure to be able to write you how greatly I have benefitted by your course of "Muller's" Exercises.

They have undoubtedly greatly improved my general health, and I shall be only too glad to recommend you to my friends.

Yours faithfully,

(Signed) A. S. STANLEY.

P.S.—You may use this letter if you wish.

From the Countess Metaxa.

ROYAL HOSPITAL,
CHELSEA, S.W.

MY DEAR MISS MULLER,

I feel I should like to send you a few lines of grateful thanks, as your exercises and abdominal massage have cured the trouble from which I was suffering, and I am now feeling so very well, and I think that your invention of "The Little Dance Exercise" was specially beneficial to me. Again thanking you very much, and wishing you great success in the good work you have taken up for our soldiers,

Believe me, yours gratefully,

(Signed) BLANCHE R. METAXA.

DANECOURT, GERRARDS CROSS.

December, 1913.

This is to testify that I have derived much benefit from Lieut. Muller's treatment, and to thank Miss Muller for all the trouble she has taken in showing me the exercises, and helping me learn them so easily. My health is quite different now, for I feel a totally changed person in every respect, and considering the short time it has taken to accomplish this, it is nothing else but marvellous, and I am more than pleased, and do not know how to express my thanks enough in words to both Lieut. Muller and his sister. I have recommended the exercises to many friends who all have nothing but good to say about the effect they have had on them too, and shall go on doing so to others, as this most wonderful "System" is not to be kept to myself alone. Again renewing my thanks,

I remain, yours truly,

(Signed) HELEN THUILLÉN.

MALDON ROAD,
GREAT BADDOW, CHELMSFORD,
14th May, 1918.

DEAR SISTER CECILIA,

I think you would perhaps just like to hear how I am getting on.

On Friday Commandant brought round the Doctor and introduced him to me, and he said already there was a decided improvement in several of the men. That was after three days' exercises, and Commandant told me the next day that he was very pleased with them. Isn't that good! and all the credit is due to you; how nice you must feel.

Your affectionate friend,
"SISTER AGNES."

101, BEAUFOY ROAD, BATTERSEA,

LONDON, S.W.

July 21st, 1915.

DEAR SISTER C.,

I would have liked to stop with you another six months, doing your breathing exercises, They are of immense value to anybody, and I must confess I benefitted most wonderfully by your breathing system. I did not realize its value at first, but after I had learnt it, I found out how wonderful it was, and I strongly advise any soldiers in the hospital to go through a course of your breathing exercises.

Wishing you the best of prosperity and success in your work,

I remain, yours sincerely,

(Signed) E. C. CAMPBELL, 3rd K.R.R. Corps.

(This soldier was gas-poisoned.—C.M.)

STAPLETON PARK HOSPITAL,

August, 1915.

Having had the misfortune to get rather a nasty wound at Ypres in my right leg, it was found necessary to give it massage (in order that I may have the full use of the limb) under the care of Miss Muller (Sister Cecilia).

She induced me to try her system of breathing exercises. At first I could scarcely move my foot, but after about three weeks the foot was quite itself again.

When first put under the care of Sister Cecilia, I was as weak as the proverbial kitten, but now (five weeks after) I can honestly say I never felt better in my life.

I should strongly advise anybody who feels at all "run down" to try Sister Cecilia's system of breathing exercises.

It cannot fail.

(Signed) PTE. W. PICKEN, 9th Durham Light Infantry.

ITTON COURT,
October 18th, 1917.

DEAR MISS MULLER,

A few lines of thanks for the tuition of your exercises, both breathing and physical. For one month I have been cured of palpitation and indigestion, and feel a great deal stronger. I will do my best to recommend your exertions to all my friends, and I would not miss them myself for anything.

Yours truly,
(Signed) PTE. SHAW, R.S., Lincolnshire Regt.

(This soldier had lost a leg in the war.—C.M.)

20, PALMERSTON ROAD,
WALTHAMSTOW, LONDON, E.
September, 1915.

DEAR MISS MULLER,

I can hardly express myself in words the effect your course of breathing exercises had upon my chest. You must remember that when I came to you first, the piece of shrapnel in my chest caused me very great pain. No sooner had I started the course than it seemed almost instantaneously I derived a relief, which, as I continued, increased; now I have no pain, and, what is more, never feel the shrapnel when I breathe. I think the first eight exercises, which any person can go through in a quarter of an hour, are all that is necessary to keep anybody in perfect health.

I wish I could explain the benefit I derived from the exercises, but I cannot; all I can say is, anybody wishing to get well and strong should certainly try a course of the above exercises.

Yours very gratefully,
(Signed) C. H. POWER, Regt. No. 10920.

116, MARSALA STREET,
LEWISHAM, S.E.

The book is splendid, everything is put so plain that a mere child should be able to understand. Don't you think it would be a fine thing if the nurses in all the Military Hospitals were made to take it up? I know of two Red Cross Nurses who have read the book you gave me; they say they are going to get themselves a book and try to make their patients do them. I do not think they will have much trouble in making them, for as soon as they see the benefit derived from them, they will want to do them.

(Signed) H. N. SANT.

76, JAMIESON STREET,
GOVANHILL, GLASGOW.

5/4/7.

I have never been troubled with my health since I took over your exercises. You will be pleased to hear that I do them every day. By the way, Sister, you remember the book you were going to print; I have often wondered if you have completed it yet. I would be much obliged if you would send me one, Sister. You remember, you promised to send me one.

(Signed) JOHN JACKSON.

DEAR SISTER,

I only wish every wounded soldier, or everyone, in fact, would follow your book more, which is so plain and easy. I am sure I will do all I can to introduce it to all my friends, especially the wounded "Tommies." Your massage is so soothing and comfortable that, as you know, we sometimes go to sleep, which is far different from *some* of the treatment I have had.

(Signed) J. MARSHALL.

WARD 1, Q.M. AUX. HOSP.

ROEHAMPTON LANE, S.W.15.

DEAR SISTER MULLER,

I am taking this opportunity of thanking you very much for all your kindness and the interest you took in me during my stay at Itton Court.

I am sure if your work was only brought to the light, it would be a grand thing for all wounded soldiers.

Your exercises have made me quite a different chap; everybody I come in contact with say, how well I look, and I feel well, thanks again to your Exercises.

I am still keeping on with them, and have got three more chaps in my ward to do them, so you see I have turned "instructor."

(Signed) S. PEARSON,

Sgt. 2nd Welsh Regt.

52, CRESCENT RD.,
BRENTWOOD, ESSEX.

DEAR SISTER,

Well, Sister, about my health, I am feeling all myself again. I am continuing with the exercises every day, so now I have turned scale to 9 stone and walk better. I hope the boys appreciate the massage as I did. It's made a man of me.

(Signed) F. V. DEACON.

ITTON COURT, CHEPSTOW,
26th September, 1916.

DEAR SISTER,

In recognition of your valuable services rendered not only to myself, but to the wounded soldiers who, at different times, have come under your care, may I say that after doing your exercises for a month or six weeks (thanks to yourself and your brother, Lieutenant Muller), I have found them to be of great benefit, not only in the muscular form, *but also for breathing*. The latter sentence I have underlined—why? It is simply this: before I met you my chest had got so contracted that I was unable to take a deep breath; but now, I am pleased to say, through your guidance I am once more able to breathe with ease, and also can feel my chest expand with each breath.

You may use this letter just as you wish to, and I can recommend your exercises to all *wounded* and *disabled* soldiers, as I am a disabled soldier myself, and if I can derive benefit from your exercises, then anyone and everyone can do the same.

Believe me, yours most gratefully,
(Signed) T. A. WATSON, late Royal Irish Regt.

From a Tuberculos Case.

I do not think I shall ever be able to thank you enough for what you have done for me. I really must say that I am a different *kid* altogether since doing your exercises, and shall never fail to do them. Oh, I forgot to tell you, Sister, that I had an examination last Saturday in which my Doctor said that my lungs were satisfactory, and he also said that my weight was the highest it had been while going to him, 7 stone 12 lbs. If I had known your exercises when, going to school, I should perhaps never have had my illness.

A Sincere Patient [DOLLY NEEDS].

BED 119, THE DOME,
ROYAL PAV. HOSPITAL,
BRIGHTON,
Sept. 17th, 1917.

DEAR SISTER CECILIA,

I do wish, and oh! so much to be back with you all, my health improved so greatly, and my constitution became stronger. The doctors have kept me on massage for a month, as under you my leg improved so much.

That paralysed boy I sent the book to is getting on so well that I could jump for joy. *He can walk with two sticks.* I am so happy.

Please accept my best wishes, Yours gratefully,

ROB. V. TERRIS.

Sergt. George Arthur Smith, who, having lost his voice for six months as the result of gas poisoning, regained it after doing Miss Muller's exercises for wounded soldiers for ten days at Writtle V.A.D. Hospital, Chelmsford, Essex. Sergt. Smith's home is at 43, Hopwood Street, Barnsley.

From "The Barnsley Chronicle," July 13th, 1918.

ST. MAUR, BEAUFORT SQUARE,

CHEPSTOW,

August 1917.

M. B. (Cantab) can vouch for the excellent results obtained by Miss Muller's System of exercises, especially in the case of wounded soldiers.





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